

OF INTEREST TO WOMEN

Interviews with Indian Maidens at Carlisle—Two Hands Read by the Celebrated Palmist, Queen Stella—Freckle Treatment Discussed

SUMMER FRECKLES.

Mrs. Harriet Hubbard Ayer Writes Not Unkindly of These Kisses of the Sun.

Interesting Analysis Coupled with Sound Sense Concerning Their Removal.

The least offensive of all pigmented discolorations is lentigo, or freckles. Certainly these brown, oval-shaped spots dotted about the face and hands are not pretty, but they do not look unclean, as blackheads do, nor do they reflect disease, as acrofulous pimples must, but they are disagreeable and unpleasant.

Freckles are divided into two classes. Summer freckles, which usually fall to the lot of fair skinned, light or auburn haired girls, and are produced almost instantly on exposure to strong light, disappearing in a little while if the subject remains within doors or in the shade. I make this statement despite the testimony of the eminent professor of dermatology, Dr. Hebra, of Vienna, who positively declares that neither strong sunlight nor sharp winds, nor the two combined, will produce freckles. Vienna freckles may be able to resist a Vienna sun, but Yankee freckles, such as I have had principally to encounter, are beyond dispute brought to the surface of the skin by intense sunlight, and frequently by strong, biting winds. The other form of freckles is called cold or winter freckles. These never disappear except through external agencies, and then only with the cuticle itself.

For everyday or Summer freckles the best treatment is as follows: Frequent bathing with pure soap and water, the use of the scrubbing brush, as advised previously in the Journal, and a dry friction of the skin, carried to an extent a little short of irritation. The advantage of friction is not only that it assists in cleansing the skin, but excites the cutaneous circulation. I have seen many and many a freckled face, scrubbed and rubbed clear of all stains without other aids, but there are many simple remedies which will hasten the cure. The most effective of these to be used in connection with the scrubbing and dry friction are a cream or pomade to be used at night, just before retiring, and a wash to be used during the day. The cream is made as follows:

CREAM FOSSATI.
Lanoline.....5 grammes
Sweet almond oil.....5 grammes
Sulphur (precipitated).....5 grammes
Oxide of zinc.....2 1/2 grammes
Violet extract.....1/2 gramme
Place the sulphur and zinc first in the mortar, then add the almond oil a little at a time until a smooth paste is formed; next add the lanoline and finally the violet perfume. Put in ointment boxes and keep closed.

This pomade is easily absorbed by the skin, and is excellent, not only in the treatment of freckles, but also for any of the lighter skin eruptions which frequently annoy girls between the ages of fourteen and eighteen. In the morning wash the ointment carefully out of the skin and apply the following lotion. Repeat the application of the lotion several times through the day:

FORMULA FOR LOTION.
Liquor of potassa.....1 fluid ounce
Distilled water.....10 ounces
Mix, pour into a bottle and keep closely stoppered.

E. Hickox.—Formula for brith wash:
Phenic acid.....1 gram
Boric acid.....1 gram
Thymol (in crystals)......50 grams
Essence of mentha.....80 drops
Tincture of camphor.....10 grams
Distilled water.....3 pints
Directions—Rinse the mouth with the above, which should be diluted for use in proportion of one-half tooth wash to same quantity of clear water. Use after each meal and at any time required.
HARRIET HUBBARD AYER.

THE SICKNESS OF THE SEA.

How It May Be Avoided by Submitting to a Treatment with So Imposing a Name as Bromidization.

In England chewing gum is said to be the American remedy for seasickness, and is earnestly practised on the Channel passage by Englishwomen with touching credulity. The new American remedy is called "bromidization." This is a condition, not a theory. Bromidization must be begun several days before sailing, continued several days after, and sometimes through the voyage. In this case it defies both wind and weather.

Bromide of sodium is preferred for the purpose to bromide of potassium, because of the sodium being milder and more acceptable to the stomach. A reliable physician, who has used the bromides extensively in his practice for years, asserts that the quantity necessary to ward off an attack of seasickness is not in the least harmful. "Idiosyncrasies against the drug are occasionally met with," he affirms, "but few adults will experience the slightest inconvenience from a thirty-grain dose of the bromide of sodium three times a day."

The symptoms of bromidization, when taken in sufficient quantities to prevent seasickness, are a slight drowsiness and a heaviness of the limbs. The drowsy feeling quickly wears off when the mind becomes interested, and the languor of the limbs is merely a slight sensation of stiffness if the patient should rise abruptly from a sitting to a standing position. It is pleasant to know also that this bromidization does not interfere with the subject's relish for food, and that in rough weather, when most of the passengers are confined to their beds, he or she may go to the table with the comfortable consciousness of passing a pleasant half hour.

"Seasickness does not come primarily from the stomach," says this authority. "The nausea and vomiting are dependent upon a functional disturbance of the central nervous system, and upon this theory is based the use of the bromides. Any method that will serve to obtund the sensorium, render it anaesthetic and unsusceptible to slight molecular changes, is a rational method for preventing seasickness. If the bromide of sodium is taken regularly, in time, and in proper proportions, in nearly every instance the voyager will be exempt from sickness, but the prospective voyager should by all means consult a physician as to the proportions to be taken in his or her individual case."

As an instance to prove the correctness of the theory that the disorder comes from the brain, the case was cited of a man who, hearing that 30 grains of bromide of sodium taken three days before sailing, and continued during the voyage, would give immunity from seasickness, determined to begin two weeks beforehand to take the bromide, on the theory that if a little was good, more was better. He accordingly took tremendous doses so long in advance that when the time came for sailing he was entirely out of condition. He took the trip, however, and was not seasick in the least, despite his disordered stomach, although on every previous voyage he had sailed from start to finish. Twenty cases were cited who had taken the bromide as directed, none being sick or feeling unpleasant effects.

HER EASTER HAT.

A new Spring hat worn by a young lady of this city on Easter Sunday is trimmed with a quantity of pink roses, rising from the midst of which is a small palm. The effect is rather of a centrepiece for the dinner table than a head covering.

THE LATEST IN BUTTONS.

The newest thing in buttons is an imitation of old Roman coins. The battered and green appearance, which are evidences of extreme antiquity, being cleverly simulated. They are odd, without doubt, but they certainly are not pretty.

PALMISTRY FOR CHILDREN.

Queen Stella on Its Efficacy in Determining the Aptitudes of the Young in View of a Career.

A child has a hand sufficiently developed to read the career for which nature has destined him, whether for the real or the ideal, whether for thought or for action. The study becomes one of vast importance in selecting a course of training most in harmony with their leanings and aptitudes.

One boy is set to one business, one to another, irrespective of his corresponding aptitudes. Chronometry takes him by the hand and guides the man into the right place.

From the paw of the dog you know for what kind of hunting it is fitted. From the hoofs of a horse we know to what climate it belongs. So, we cannot fail in examining a child's hand to discover its complete epitome.

Palmistry will one day be the grammar of the human organism.

QUEEN STELLA,
Of the Gonzalez tribe of Gypsies.

FOR THE HOUSEWIFE.

The uses of camphor gum are numerous. Moths are popularly supposed to flee before it. If it is placed in the same package with white silk, satin or gloves, they will not grow yellow. Kept in the same drawer with steel trimming, it will prevent tarnishing.

Onions are a Spring tonic which no well-regulated family should fail to eat at least twice a week, especially in the season when "that tired feeling" prevails. It is said that sprigs of green parsley, eaten with or after onions, or a salad containing those odoriferous vegetables, will prevent them from affecting the breath.

That large class of mortals who take chances with strangulation every time they eat long-stringed spaghetti should rejoice to learn of "spaghetti block." To make it break four ounces of spaghetti, cook it in rapidly boiling salted water for half an hour, or until tender. Drain; pour cold water through it. Make a thick sauce with one tablespoonful of butter, two tablespoonfuls of flour, half a teaspoonful of salt and half a teaspoonful of pepper. Stir in the spaghetti and turn into a baking pan, having the mixture an inch and a half thick. Allow to cool and cut into cubes, roll in crumbs, then in beaten egg and then again in crumbs. Fry in hot butter or drippings.

A cake of magnesia and a clothes brush form an excellent cleansing apparatus. If spots and stains are rubbed on both sides with magnesia and the garments are hung up for a few days in a closet the spots will disappear.

A BIRTHDAY MUSICAL.

On the afternoon of April 14, at the studio of Mr. Francis Fisher Powers, Carnegie Music Hall, there will be given a unique entertainment in behalf of the free Kindergarten, No. 141 Chrystie street. The invitations announce a birthday musicale, but in that apparently innocent phrase is concealed a trap for the unwary. Tiny silk bags accompany each card. Into these the recipient is requested to slip as many coins as he or she has had birthdays. With their usual acumen the members of the circle of King's Daughters, which provides for the Kindergarten have refrained from mentioning any one denomination as preferable to another. But they have unwarily omitted the device of a village church society, which added a clause to the effect that all those who were unwilling to so publicly declare their ages could avoid the difficulty by substituting a bill.

ACQUIRED A TITLE.

A certain young Englishman who has spent several winters in New York and has devoted a good deal of his time to drinking tea and gossiping with members of the other sex has come to be spoken of in society as "The Ladies' Companion."

INDIAN GIRLS AT CARLISLE.

Chippewa and Sioux, Oneida and Digger, They Are Now United States Girls.

They Tell of Their Hopes and Ambitions, and Thank the Journal for Giving Them the Opportunity.

The Indian Industrial School at Carlisle, Pennsylvania, numbers over seven hundred regular pupils, ranging anywhere from seven to twenty-five years. The graduating class of '96, which numbered seventeen young men and eight young maidens, held their commencement exercises in the large school gymnasium.



ADELIA LOWE (Sioux).
SUSIE DAVENPORT (Ojibwa).

Life shall be devoted to their welfare. I am Indian in heart, and my sympathies are for the cause. I shall attend a year the normal school at West Chester, Pa., thus fortifying myself in every way possible in becoming a competent and reliable teacher."

Miss Lella Cornelius, an Oneida, is a sober-faced, matter-of-fact young woman, with a strong chin and healthy countenance.

"What do I think of scholastic honors for Indian youths? I think everything of them," said she with a unique little emphasis. "To begin with, please let me say I feel ten times stronger and happier to know that a great New York newspaper like the Journal is interested in our race and desires to gladden us by telling the big world at large of our condition and

would become toward noon! I usually ran away in the afternoon and my punishment followed later in the day." All of this in a laughing voice, bubbling with good humor. "At last my parents sent me off to Carlisle, and I can never thank them

Surely the prettiest girl of all the graduating class is Miss Corn Snyder, of the Cattaraugus tribe, New York. Her features are regular and striking; her eyes large and very expressive. She lacks entirely the heavy features one usually associates with the Indian physiognomy.

"Really," said she, "my life has been quite uneventful thus far, for I have been in school nearly all my life, having first been placed in the Orphans' Asylum, on the Cattaraugus Reservation, when I was

three years old, and remaining until I was eight. I was then placed in a Friends' Boarding School. In 1882, I entered Carlisle. I am delighted to know I have graduated, yet my hopes are to continue my studies at some normal school, if possible. I am eager to teach school, for in that way I will be able to aid my dear people. They know very little compared to what they shall know. It is very kind of a New York editor to give us a chance to speak to the people of ourselves. Our Indian boys will be very grateful, too, I know. Please thank him for me."

Miss Snyder's eyes filled with tears for an instant, but enthusiasm burned them out, and left her looking happier than ever. With a half timid reluctance Miss Julia Elmore spoke of herself and her home in far-off California. Miss Elmore comes from the Digger Indian tribe, and has the full developed figure of her nation. She is good looking, and a very eager student.



JULIA ELMORE (Digger).
ROSE WHITE THUNDER (Sioux).

but managed to convey that he had heard of her perfections and only awaited a word from her to cross the sea and claim her for his bride. Enclosed with his offer was a letter from his clergyman, vouching for the young man's honesty and respectability.

Another New York girl received a letter from an impetuous Frenchman who desired to know by the return post whether she could ever love him. He had in the beginning of the communication painted his own charms in glowing colors. He frankly said that unless she could give him some hope at once he could waste no more time on her.

The daughter of a prominent and wealthy banker was recently informed by means of an anonymous note that if she would stand on a certain street corner at a given hour in the afternoon she would find "sympathy such as she had never before known or dreamed of."

The late August Br... was heard from a man... western part... State, who... entire stranger... and who desired that some summer clothes should be sent to his daughter "Betty," who he asserted was an exceptionally "nice" girl and would do credit to any fashionable attire which Mr. Belmont might see fit to bestow upon her.



CYNTHIA WEBSTER (Oneida).
LOUISA GRISDORF (Crow).



ALICE PARKER (Chippewa).
LEILA CORNELIUS (Oneida).
CORA SNYDER (Seneca).

The Governor of Pennsylvania and his staff honored the occasion, and such famous men as General Fitzhugh Lee and General O. O. Howard were present and addressed the young Indians.

A number of the graduates delivered amazingly fine speeches, and read essays, most of which were devoted to the great subject of Indian advancement.

Perhaps the most interesting phase of the Indian question is the absorbing interest the young Indian women are taking in the affairs of their dusky race.

A Journal representative had the pleasure of hearing the opinions of the girl graduates concerning their early life on the reservations, compared with the busy, active life in the great school at Carlisle. Miss Cynthia Webster, who is sweet and refined in manner, was born and reared on the Oneida Reservation. She is a full-blood Oneida.

"My life was uneventful until I heard of Carlisle," said she with a proud little smile. "Really, I knew little more than my A B C's when I came here. In 1889, with four other children from our reservation, I am the only one out of that number who remained to graduate. Oh, yes; I shall be a teacher, and give out the best there is in me for the advancement and enlightenment of my people."

Quite a pretty girl is Miss Alice Parker. She comes from the Chippewa tribe, of Minnesota, and is a thoughtful, serious maiden—a modern Pocahontas. She writes a beautiful hand, and expresses herself daintily. "I attended a Catholic school before I had heard of this place," she said. Then, in a lower tone, "I remember how I had to beg my parents to allow me to leave home. My poor mother would look so frightened when I would say: 'Mother, oh, mother, please let me go! I want to learn enough to help you and father and all our people. Please! Please!'" She would only answer: "No, no, it is too far; you cannot go. We would never see you again." I was so ambitious to be educated, to have a trade, to be independent and self-supporting. Well, they consented at last, and I have been very happy ever since. I am proud of having graduated here. Among the many advantages we enjoy, I think one of the most beneficial is what is termed the 'outing system.' The pupils who are old enough are recommended to good, responsible families, who take them during vacation months and give them practical experience in the different branches of housework, sewing, farming and the trades. By that method, you see, we are really ready to earn our own living independently as soon as we have finished school. Please make note of this fact," said Miss Parker with a winning smile, "the 'outing system' has much to do in making us love the white people; for, you see, we are naturally timid and almost afraid when thrown among you. It is the natural instinct of distrust which has been born in us, I guess."

"Don't you think our class motto, 'We Will Go On,' is splendid? And we will; we have pledged to do so."

Miss Adelia Lowe, of the Sioux nation, is a delicate looking girl. A Boston maid could not wear a pair of eyeglasses with more studious grace than does Miss Lowe, on whose straight nose rests a gold-rimmed pair.

"What can I say more than that I am deeply grateful for all I have learned here at Carlisle? Next Fall, with permission of the Government, I hope to teach the children on our reservation. I love children. Oh, if Indians would only leave the narrow limits of the Government reserves and learn for themselves, they would realize more readily the grand meaning of ambition and advancement!"

"Yes, indeed, they would," chimed in a chubby-faced young woman with snapping, dark eyes. She was Miss Louisa Gris Dorf. "My father always used to say 'the same thing!'" Then, in a proud voice: "My father was a German and served in the late civil war of the Union as a surgeon. He was one of the first settlers in Yellowstone Valley, Montana, where he married my mother, a full Crow Indian girl. My father used to teach my sister and I our lessons at home. We learned a great deal of German, too. The sad loss of our father and mother in 1888 caused me to look about for future independence. After securing a high school diploma I passed examination for a teacher's certificate and immediately applied for a position as teacher in the school at the Crow Agency. It was my first experience among Indians, because my mother's very near relatives were all I had ever known. While at the agency, I became so engrossed in the possibilities of the future Indian's advancement and the limited facilities on Government reservations that—do you think it strange?—I decided to attend the school at Carlisle and mingle with my own people. Though my father was German, my mother's people were Crow."

In 1888 I left my home in Wisconsin, and entered Carlisle. In 1893 our very kind superintendent, Captain Pratt, took five hundred of us to the World's Fair. It was the greatest thing which could have happened us, for the memory of that wonderful White City will live in our hearts forever. It made us realize what our white brothers were capable of, and what kinds of the world they were. I have benefited greatly through the 'outing system,' and, as my desire is to become an accountant and stenographer, I shall, with Captain Pratt's kindly influence, obtain a scholarship in the Drexel Institute, at Philadelphia, where I hope to become proficient enough to secure some position of trust."

A young girl of twenty who declares that until six years ago she had no higher ambitions than to roam through the wild woods, jump rope and make mud pies, is just the sort of girl one would call "Bright Alferata."

Such an untamed creature was Miss Susie Davenport, a Chippewa maiden, and a high-spirited young graduate of the class of '96.

"Yes, indeed," said she; "I can remember my early days at school. It was funny. It was in Michigan, right on the eastern shore of Lake Michigan, a priest taught us. It was only a school for poor little ignorant Indian youngsters like myself. I declare I ran away from that school many times. Oh, how tired I

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"It seems strange to tell you of my simple life," explained she, "my school days in California were just like the school-days of thousands of children, I fancy. My two brothers and I attended school together for about four years. About three years ago I entered Carlisle, and shall go home to sunny California, proud of my graduating diploma, but more proud of what I shall be able to accomplish."

"Yes; I may marry," with a shy droop of her eyes, "some time. To be a good wife and mother is woman's higher ambition."



THIS IS THE HAND OF MARIA BARBERI.

This hand shows strong passions without sufficient moral restraint. A mind wanting in power to subjugate the senses. She is in constant in love. She has few struggles. She has a taste and cultivation of several branches of art, which prevents her complete success.



HAND OF INSANE WOMAN, WARD'S ISLAND.

This hand shows that the person is governed by the heart. She breathes freely in an atmosphere of sentiment, sees things with the eye of the moment. She seeks excitement in moderate action. She obeys inspiration. The woman is influenced by external objects, poetry of the imagination and of the senses. Fate is not very tranquil in its course. Good fortune will be followed by bad, and bad by good again. There is an evidence of superabundance of life. There is also glory in the love of art.